

## **PROMOTION OF QUALITY PHYSICAL EDUCATION**

WHEREAS, a child's intellectual growth cannot take place without having met his or her basic physical needs, and

WHEREAS, participation in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being, and

WHEREAS, in the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure, and

WHEREAS, major decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11th grade, more than half of female students are not participating regularly in vigorous physical activity, and

WHEREAS, school physical education classes can increase adolescent participation in moderate to vigorous physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity, and

WHEREAS, daily participation in physical education class has dropped from 42% in 1991 to 25% in 1995, and

WHEREAS, twenty to thirty percent of children can be classified as overweight or at risk of overweight and over the past three decades, the proportion of students that are classified as overweight has almost tripled, and

WHEREAS, currently 11 percent of Michigan students are classified as overweight, and

WHEREAS, television viewing is the principal sedentary leisure time behavior in the U.S., and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior, and

WHEREAS, the curriculum for every child's preschool through high school experience should include the opportunity to participate in quality physical education programs and other health-enhancing physical activity, and

WHEREAS, in Act 451 of 1976, the Michigan Legislature adopted requirements for health and physical education in every school; therefore, be it

RESOLVED, That the Michigan PTSA supports and endorses the State of Michigan State Board of Education *Policy on Quality Physical Education*, and be it further

RESOLVED, That the Michigan PTSA will work to ensure that local school districts offer physical education opportunities that are according to the state board policy and that they positively impact students' physical, social, and mental health as well as provide opportunities for children to understand the importance of physical activity and to acquire skills to combat a sedentary lifestyle, and be it further

RESOLVED, That the Michigan PTSA believes that lessons regarding physical activity are best learned when parents, teachers and other adults within the community model such behaviors; and be it further

RESOLVED, That the Michigan PTSA will work to provide physical education information, resources and plan activities for families and communities as well as work collaboratively in developing, adopting and implementing quality physical education so that it will extend beyond school and into the home and community.



Unanimously Approved: 2004  
By the Michigan Parent Teacher Student Association